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ABSTRACT

Simple, straightforward information on child nutrition and growth is offered in this child care feeding guide and cookbook. The book contains clear, easy-to-read menus and recipes, provides solutions to common feeding problems, and shows ways to offer children positive learning experiences with food. Chapter 1 gives an overview to important issues in child nutrition and the caregiver's role in good nutrition. Chapter 2 discusses the nutritional needs of children at different stages of their development. Chapter 3 explains how to plan menus that incorporate the latest guidelines for healthful eating and how to organize mealtimes that are pleasant for everyone. Chapter 4 provides over 60 easy, economical, and healthful recipes, and chapter 5 offers sample menus using those recipes. Chapter 6 provides tips for cutting food costs, choosing ingredients, using microwave ovens, and keeping the kitchen clean and safe. Chapter 7 includes hints on how to run an earth-friendly kitchen. Four appendixes contain basic information on nutrition; information on special topics, such as food allergies, that surface when working with children; chapter references; and additional sources for information and supplies. (TJQ)

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